THEN and NOW!

By Frances H. Paulette

She Walks In Beauty, And Her Name Is Minerva

I went for a walk in the woods one day,
Thinking I was quite alone - -
Then I seemed to hear a voice nearby,
With a 'pleading' kind of tone.

"Please watch where you step," it seemed to say,
"Can't you see I'm busy growing?"
Looking down, I saw a wildflower there - - -
Among the leaves, a blossom showing.

How many times have we hurried along,
Never looking where we're going - -
And all the while our pathway's lined
With a carpet of flowers growing.

Minerva, proudly showing off her certificate showing that her property has been designated as National Backyard Wildlife Habitat by the National Wildlife Federation.

Minerva Kepler, (age 5), all dressed up, from high top shoes, to her bonnet - even an expectant smile!

The little girl sat up with a start; something had interrupted her afternoon reverie. Across the field that was just beginning to show green and through the familiar trees came the sound again, "Minerva, Minerva - - " At the sound of her grandmother's voice, Minerva realized that it was nearly suppertime.

It had been a special afternoon, Minerva thought, as she walked slowly homeward; but spring was always special, the awakening of all the beautiful flowers and plants that Mother Nature had kept in cold storage during the winter months.

To the little girl whose birthplace was Buffalo, New York, home was the lovely, rambling, old farmhouse on the 200 acre tract of land, (heaven to Minerva!), that was situated on the South Shore of Lake Ontario.

Minerva took time, as she walked home for supper, to notice the wildflowers along the way. Because it was spring, there was the prospect of finding some new flower each day, one she had failed to notice the day before or even one that had not been there the day before.

"Oh," she thought, hugging her arms about her as she walked along, "Grandmother, Grandfather, and I have so much, so much, on our beautiful farm." Spring was special, especially if you were fortunate enough to live in the country.

Minerva Kepler had loved the out-of-doors for as long as she can remember. Going to live with her grandparents at a very early age on the beautiful farm made for a happy but quiet childhood.

Minerva's grandmother, a lover of nature, who collected butterflies and moths, encouraged the little girl's appreciation of the beauty of nature.

Because there were no children living nearby with whom she could associate, Minerva quickly got into the habit of going into the nearby woods to play. No one worried about her and she was never afraid.

Minerva remembers the pet snake she had as a child. Oh! how she loved her snake; it was her constant and faithful companion. Then one day something terrible happened! Minerva had no idea just how it happened, but her snake got away from her and entered a neighbor's yard.

Though it was a perfectly harmless little garter snake and had no intention of harming anyone, it met with a terrible fate. The neighbor, failing to share Minerva's interest in snakes, beat her pet snake to death with a golf club.

As Minerva grew and developed, so did her interest in and knowledge of, flowers, birds and animals.

Soon after becoming a young lady, Minerva Holland met and married Drex Kepler, a native of Philadelphia. The Keplers have two daughters, one living in Syracuse, New York, and another in San Francisco, California, and three grandchildren.

Being a mother of two and the wife of a successful manufacturer's representative kept Minerva busy but not too busy to pursue her interest in wildlife, and in plants.

Minerva grew herbs as a hobby for thirty years and had her own nursery and shop back home in Syracuse before moving to Appomattox.

Drex and Minerva Kepler, who have been living in Appomattox County for approximately five and one-half years, came to Virginia often to visit and distribute herb plants to historical gardens. They fell in love with Virginia and as they visited they began to look for a place to buy.

Finally the day came when Drex's retirement was no longer a dream of the future but a reality of the present; happily they headed for Virginia and for Appomattox County.

Next week, if you will join me, we will see what Minerva and Drex did when they got to Appomattox; it is really something special!

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Receives Recognition In The Field Of Photography

James Wyatt Hash, Jr., son of James and Marie Hash is a sophomore at Appomattox County High School and an accomplished photographer. In fact, James is so good at his hobby that he has won recognition by the weekly magazine, **T. V. Facts**, published in Lynchburg.

Interested in photography since December of 1976, James began his hobby as a school project with a homemade camera, eventually going on to a regulation camera and regular shutter. A former teacher, Frank Lee Elder, was instrumental is guiding James into his particular hobby.

James' father, also a photography enthusiast, made most of his son's first equipment, including an enlarger and contact printer but bought the developer.

The Department of Sanitation in Lynchburg sponsored a project on City Beautification, stressing the removal of litter from the city streets. James submitted to the **T.V. Facts** magazine two photographs showing two views of Rivermont Avenue that definitely needed improvement.

As a result of having work worthy of publication James received free movie and restaurant passes for himself and his family.

James credited his grandparents with having contributed to his getting the photographs published; his grandmother gave his first copy of **TV Facts** and his grandfather gave him a camera which he purchased for only $1.00 in 1969!

James, who has a portfolio of excellent photographs, plans to make a career in free lance photography.

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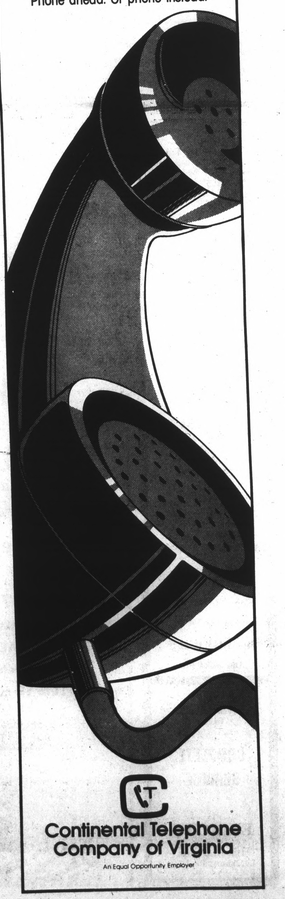

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GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

A LITTLE EXERCISE WILL HELP

Those lovely spring fashions are most interesting and will fit us much better if we will begin taking some exercises and cutting our calorie intake.

Soom bathing suits and sports wear will be worn by many as we enjoy the approaching summer. All of us are excited about heading outdoors for activities that have been curtailed during the long, cold, hard winter.

During winter a lot of people have been leading less active lives and enjoying the good food which may have helped put us out of shape.

Now is the time to try to shape up by altering the patterns of eating and moving into a more active lifestyle. Did you know that brisk walking is one of the safest exercises?

During the year persons gain weight very gradually without any excessive food intake. Just a slight difference between the calories consumed in food and the calories used by the body can lead to a weight gain. An extra 10 calories a day which is a very small amount would result in the gain of one pound in the form of body fat in a year.

A little exercise may burn up only a few calories, but it will add up over a period of time and there are many benefits from exercise in addition to weight loss. Exercise helps to maintain muscle tone, improve posture, stimulate circulation, aid digestion, promote relaxation and generally makes a person feel better.

Being constantly tired ranks as one of the most frequently voiced complaints, and it can result from a gradual deterioration of the body for lack of enough vigorous physical activity. Appropriate exercise strengthens the heart. A noted heart specialist recently commented, "The best insurance against coronary heart disease is exercise and lots of it."

When thinking about overweight problems which result from over-eating and under-activity, there are three approaches to weight loss. There are:

1. Decrease the number of calories eaten while maintaining the same level of activity.
2. Burn a greater number of calories by increasing activity while eating the same number of calories.
3. Decrease the number of calories eaten and increase the number of calories burned by increasing the activity.

The increased burning of 250 calories per day in addition to decreasing the intake of food by 250 calories will result in a net use of 500 calories per day from the body fat stores. This would result in the loss of one pound per week.

After getting down to the desired weight the person needs to balance the number of calories eaten against the number burned for energy to maintain the weight. Moderate increases in body activity coupled with moderate decreases in the number of calories eaten will help maintain the desired weight over a lifetime period.

The Appomattox County Extension Office has some excellent material on Calories and Weight. This pocketbook guide lists the number of calories for various foods. If you interested in obtaining this, you may want to call 352-8244 or write us, P. O. Box 488, Appomattox, Virginia 24522 for this information.

If we can ever help you with a homemaking question or problem, we shall be happy to do so.

RECIPE OF THE WEEK
Sweet and Sour Slaw

½ head cabbage, shredded
1 small onion, sliced thin
(Spring onions are delicious)

Mix together these ingredients and pour over cabbage and onion.

½ cup mayonnaise
2 teaspoon celery seed
1 tablespoon vinegar
Salt and pepper to taste

Cover and refrigerate before serving.

NOTE: This is a low calorie nutritious salad.

EATING WELL

By Mrs. Barbara L. Morlang, R.D., Ph.D.
State Nutrition Consultant
Virginia Department of Health

How many times have you eaten out this week? The last time you went into the Dairy Queen did you wonder how many calories you had when you finished your milk shake? If you drank the small shake then you had only 400 calories; however, if you had the medium shake it was 580; the large shake had about 800 calories.

If by chance you visited McDonald's and had their Big Mac (557 calories), small fries (215 calories), applie pie (265 calories), and a small vanilla milk shake (322); you consumed abut 1359 calories.

But perhaps instead you visit a Pizza Hut. If you had one-half of a 13-inch cheese pizza with a thin crust, it contained only 850 calories. However, if you decided on a thick crust, then you ate 900 calories. If you decided to have one-half of a thick 15-inch pizza, then you consumed some 1200 calories.

If during the week you stopped to have one donut and a cup of black coffee, then you consumed only 240 calories. You would have to add another 40 to 50 calories if the donut had a filling or topping.

If you are trying to watch your weight the following list might be helpful when you eat out.

	Calories
Rustler Steak House	
Dressing (Blue Cheese)	151
Dressing (French)	122
Dressing (Italian)	166
Dressing(Thous. Island)	150
Roll (Twisted)	182
Rib Eye	369
Rustler's (Strip)	1,086
T-Bone	1,532
Long John Silver's	**Calories**
Fish & Chips, Colesiaw	
2-Piece Dinner	955
3-Piece Dinner	1,190
McDonald's	
Apple Pie	265
Big Mac	557
Cheeseburger	309
Fillet-O-Fish	406
French Fries	215
Hamburger	249
Hamburger, Double	350
Pork Sausage	226
¼ Pounder	414
Shake, Vanilla	322

VA: FIBRE REPORTS WEEKLY WOOD PURCHASES

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending March 20, 1978. Purchases are listed by counties.

Albermarle	$ 5,389.24
Amelia	1,230.48
Amherst	11,603.02
Appomattox	10,041.52
Augusta	—
Bedford County	1,495.40
Buckingham	15,701.05
Campbell	7,291.10
Charlotte	3,127.29
Cumberland	278.34
	1,785.92
Goochland	325.90
Halifax	2,865.48
Nelson	10,402.94
Mecklenburg	—
New Kent	—
Powhatan	2,038.19
Pittsylvania	283.14
Prince William	624.72
Prince Edward	3,579.57
Total	**$78,063.29**

COMPLETES BASIC BOILER TECHNICIAN COURSE

MARCH 21 - Boiler Technician Fireman William L. White, son of Mr. and Mrs. Lafayette White of Rt. 1, Box 148A, Concord, Va., has completed the Basic Boiler Technician Course.

During the course at the Naval Training Center, Great Lakes, students received instruction in the use of hand tools, the operation and maintenance of shipboard pumps, and the operation of boilers and other engineering machinery. In addition, they were introduced to the types of engineering duty watches that Boiler Technicians stand aboard ships.

He joined the Navy in December 1976.

Mrs. Martin's 4-H CLUB

On March 1, 1978 Mr. Sweet and Miss Smith came to Mrs. Martin's 5th grade class to led the 4-H meeting. Timmy Lawson began the meeting with askinz Chris Robinson to lead us in the American Pledge and Dennis Mayberry to led us in the 4-H pledge. Then the recreation leaders, Tammy Godsey, Rhonda Carter and Shelly Franklin (substuting for Lisa Bryant) led us in two songs and two games. Afterwards Cheryl Matthews, the secretary, read the minutes. The president then turned the meeting over to Mr. Sweet and Miss Smith.

The 4-H Demonstration Contest will be held April 22, 1978. This June is Dairy Month, 4-H Dog Show is coming up, also. This month the meeting is on planning a demonstration. Also everyone received a sheet on how to plan your demonstration.

Miss Smith showed us an example done by Miss Hudson. Then Mr. Sweet showed us some examples done by other children from the previous years. Afterwards the meeting was adjourned.

Gina McCormick, Reporter

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MORNING WORSHIP 11:00 A.M.
YOUTH RALLY 6:45 P.M.
EVENING WORSHIP 7:30 P.M.
PRAYER MEETING 7:30 P.M.

PURITAN PULPIT 9:00 A.M. DAILY
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